

Sports Signings Show Strength of CHS Athletics

By Reid Hulst, Staff Writer

February 1st, 2023 was an exciting day for Cypress as the best and brightest athletes officially signed their letters of intent for their respective colleges. The lineup included beach volleyball player Zoey Henson, Volleyball player Tarin Rueckert, Golf star Cristen Legaspi, softball player Chloe Shuff, football player Trevor Monteleone, baseball player Abbrie Covarrubias and baseball player Matthew Morrell. The event was held in the Cypress media center and many proud parents and fellow students were in attendance.

Cypress's volleyball prospects, Henson and Rueckert, credited their success to "lots of family support as well as a healthy passion" for their respective sports in both cases. Henson will be attending the University of Washington and Rueckert will be attending Cal Lutheran this coming fall semester.

As for Cypress girls golf captain, Legaspi, she aims to take her talents to the Hawaii Pacific University following her final tournament of her high school career where she finished 32nd in the state. Softball also made its acquaintance during the signings as girls softball player Chloe Shuff is headed to Missouri Valley College.

Cypress Football player Monteleone came off an eventful season as the Centurions reached the CIF finals for the third time in 15 years. The skilled wide receiver is heading to Western Colorado University "I thought about this ever since I was small, back when I first started playing." He added, "It's good to know that all my hard work has paid off."

Ending with the pair, Covarrubias signed with USC with the goal of playing baseball for

them. He's been a four year varsity member, league MVP, and gold glove winning athlete. Also signing for baseball is Morrell, also known for his talents in football. Morrell aims to take his talents to Oregon State University to pursue his love for baseball. When asked if he had any advice to any upcoming talents

he said: "Chase your dreams. Don't let other people tell you you can't do something you're driven to do. Believe in yourself."

Following the introductory celebrations, each of Cypress's brightest student athletes signed the letters of intent, and are ready to compete next year.



Cypress brightest athletes prepare to go the their dream college (Photo Credit: Anelina Alegre, Editor-in-Chief)

By Deborah Son, Staff Writer

Prime Energy Drinks Have Come A Long Way

By Nicolas Vega ,Staff Writer

Prime, made by KSI and Logan Paul, has come a long way since they started their company. It first started off with just an ordinary drink as Prime but as it expanded, it expanded its drink as well. They not only have energy drinks they also have hydration drinks. They are a well-known company that strives to get more attention and customers.

The newly released Prime energy drinks contain 200mg of Caffeine, zero sugar, 300mg of Electrolytes, and it is vegan-friendly. It has multiple flavors: Strawberry Watermelon, Blue Raspberry, Tropical Punch, Orange Mango, and Lemon Lime. Prime's goal as a company is

to keep people hydrated and energetic in a healthy manner. But how do we know that this drink has all of the ingredients it advertises?

A survey was made to see the people's opinion on the drink and what it portrays. Most people say that the drink does energize them while staying healthy. The most enjoyed drink was Lemon Lime, and right behind it was Blue Raspberry. Overall people thought the drink was good and refreshing. Most people said they would get another drink for themselves and would maybe even recommend it to a friend.



Different Prime Energy Drink Flavors are available now!
(Photo Credit: Nicolas Vega staff writer)

FEATURES

Love Is In the Air With These Cookies

By Brianna Naranjo, Student Activities Editor



These are great treats for any occasion. (Collage credit: Carly Pedroza.)

Love is in the air and pretty soon everyone will start to feel it. As February approaches, so do new recipes. Below are two wonderful and simple recipes that you should definitely try making as a gift to loved ones.

First up is the Heart Thumbprint Cookies. This recipe takes regular sugar cookies to a whole other level by adding a heart in the middle filled with jam of your choice. These cookies have the perfect amount of sugar since they aren't too sweet, but are still enjoyable and scrumptious.

They are very easy to make and turn out absolutely delicious. Here is the recipe provided by baker Catherine Zhang

Ingredients:

- 15g (½ cup) Unsalted butter, room temperature
- 60g (½ cup) Icing/powdered sugar
- 1 Egg yolk
- ½ tsp Vanilla Extract
- 140g (¾ cup or 2 tbsp) Plain flour

- 15g (2 tbsp) Cornstarch
- Jam (any flavor)

Directions:

Preheat oven to 350 F

Cream butter and icing sugar until light and fluffy

Add egg yolk and vanilla extract, beat until well combined

Mix in flour and cornstarch, stir until just combined

Roll into 12 balls and create a heart shape in the center of each ball using two thumbprints joined at the bottom

Fill the thumbprint with jam of your choice

Bake for 10-12 minutes, or until lightly golden brown

Another amazing recipe is Pink and Red Chocolate Chip Cookies. These cookies are absolutely mouthwatering and will leave you wanting more. They will make a perfect, yet delicious gift that will provide a simple moment of joy. They are a mix of pink and red M&M's, or you can change them to regular ones. Here is the recipe provided by Kleinworth & Co:

Ingredients:

- 1 stick of butter (½ cup) – room temperature
- ¼ cup margarine
- ¾ brown sugar
- ¼ granulated sugar
- 1-½ vanilla extract
- 1 egg
- 2 cups all-purpose flour scooped lightly
- 1 box of instant vanilla pudding – not cook & serve
- 1 tsp baking soda
- ½ tsp salt
- ¾ cup semi-sweet chocolate chips
- 1 cup of 1 white chocolate chips
- 1 cup of Valentine M&M's

Directions:

In a mixer bowl – beat butter, margarine,

sugar & brown sugar together until fluffy. Add egg & vanilla – beat well.

Add in flour, pudding mix, baking soda & salt – slowly stir first & then beat until all ingredients are completely incorporated.

Slowly stir in chocolate & white chocolate chips.

Fold in 1/2 the M&M's.

Remove the beater, cover & refrigerate overnight (extremely important that you do this).

The next day preheat the oven to 350 degrees.

Roll dough into balls – it will be firm & you will need to press it all together.

Place the dough balls on a baking sheet & bake cookies for 9-12 minutes (some are perfect at 11).

Remove & immediately top each cookie with a few extra chocolate chips, white chocolate chips & M&M's before they cool. Leave cookies on the baking sheet to cool.

Repeat this process with remaining cookies. Use 3-3/4 baking sheets for all these cookies.

Store in an airtight container at room temperature

These sweet treats are a perfect way to show your love and appreciation for those close to you!

Fear No More Over Service Hours

by Carly Pedroza, Staff Writer

Academic Decathlon Members Give Competing Their All

By Kylie Madrid, Staff Writer

A somewhat overlooked part of Cypress life is the yearly scholastic competition that groups students of different GPA ranges and abilities into a team. This year, despite having limited access to study materials, Cypress High still decided to compete in this year's Academic Decathlon.

Students who placed in their respective categories included:

*Miranda Chen – 4th Art

If you're unfamiliar with the structure of Academic Decathlon, each year has a specific theme, a total of ten events, and an assigned book which ties into the literature portion of the event. The theme for 2023 was the American Revolution, meaning that all of the academic subjects (math, science, literature, economy, music, art, and social studies) would be somehow linked to America's early years. The other three categories are prepared/impromptu speech, an essay on one of three chosen topics, and a brief interview portion where a small panel of judges asks the interviewees questions about their personal lives.

The sudden departure of the club's adviser sent the club into a tailspin, until Ms. Tanara graciously stepped up and saved the day, offering to act as the club's adviser.

"I didn't even know Academic Decathlon was a thing before I agreed to advise it. It's cool to see the kind of things that kids do outside of school. I think a lot of the time people think 'why would you do something extra,' but it's awesome because we had so many people signing up, especially at the beginning!"

Cypress made history last year by being the first Cypress team to qualify for advancement to California's statewide competition. Unfortunately, Cypress was not able to compete due to schedule availability. Digital study packets are \$700 for a full set, which hindered this year's progress. However, we should still expect notable victories from our team in the near future, they have done their best to prepare for the tests, even without study materials. This year's club features more returners than usual, many of which are in this year's graduating class. The lessons that they learned in

Academic Decathlon will no doubt follow them for years to come.

Miranda Chen, Academic Decathlon president, said, "Academic Decathlon has taught me to rely on other people. I struggled a lot with the administrative burdens of being President, to the point where I nearly gave up on renewing the club this year. Being able to share responsibility with my board members released a lot of stress and made the club ultimately successful."

Ash Hartwig, a returning Academic Decathlon member (2nd year), believed it changed the

course of their life, "I'd say that it has improved my life, I've met a ton of lifelong friends that I probably would not have even talked to otherwise." Hartwig has also discovered their passion for impromptu speeches.

Whether you join to feel a part of something, make new friends, or simply because you want to learn something new, there's a little something for everyone in AcaDeca.



Decathletes did especially well this year in Math. (Photo Credit: Kylie Madri, staff writer)

Black History Month and BSU at Cypress High

By Juliana Dubois, Staff Writer

February is the host of many holidays, the most common being Valentine's Day, and President's Day. Many people celebrate by buying candies and roses for that special someone, taking a day off for a vacation, and even traveling. In 1976, America gained yet another holiday for February, that would nationally recognize the African American community. Black History Month is the first ever POC holiday in America. The rise of African American history deserved to be recognized worldwide, celebrating the birth of freedom and rights to the African American community.

Here at Cypress the Black Student Union (BSU) is just one of the many POC clubs. BSU is a student run-Black empowerment club, focusing on Black culture, and education of Black History. Mahogany Stover is a member of BSU and when asked why she joined the Cypress Black Student Union her response was, "it was a great way to connect with people who are just like me, and to educate people on our culture and spread awareness

and the culture of African American people to the rest of the students at Cypress High School."

Lamuir Metoyer, another member, said "BSU does a good job telling people what is left out of history or what's not in the textbooks, like the Egate Experiment, informing them of cultural appropriation so I think BSU does a great job and gives more info they wouldn't necessarily read online or that doesn't get talked about today so BSU does a good job."

A concern in the African American community regarding afro hair, and how they style and wear it. Some students find themselves educating teachers on this topic. London Coulter states "Recently it has been about curl patterns and protective hairstyle", she explains to her teacher that having braids is a protective hairstyle and that "slaves used to braid food and used to braid their hair in a certain way as a trail pattern to get out the plantation as a slave."

When asked about Black History month Chinaza Izuakor said, 'You can kind of see Black

History Month all over the media or the outlets, that really helps with getting to be informed, She added. "I think Black history month is really important because many times we face many racial things from many different types of things, and I think Black History Month really Honors the Black people and the Black community and things that they have done, I feel like it's a re-

ally big appreciation month but I feel like it should be longer...." One month is not enough."

Black history month is not just a holiday for the African American Community, it is a worldwide Holiday that recognizes Black History and the purpose of having Rights, and celebrating a month of recognition, joy, and freedom as a whole.



Black History month is a month that celebrates recognition, joy, and freedom as a whole. (Collage Credit: Juliana Dubois)

Holiday Movie Favorites Return For Wintertime

By Zoe Chung, Staff Writer

Holiday Music Brings in Tons Of Christmas Joy!

By Carly Pedroza, Staff Writer

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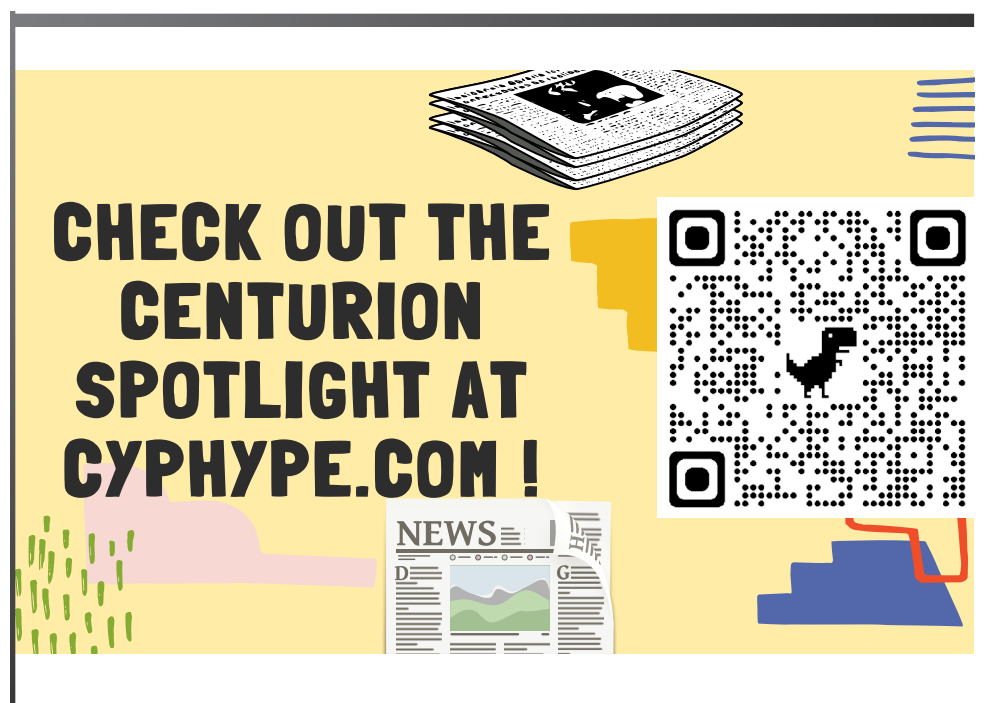
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